

PTSD and Next-Step Depression Treatment

In a study of 1,522 Veterans with depression not responding to medication, the following next steps in treatment led to improvement in depression at the rates shown:

Next treatment step:	Adding aripiprazole (an antipsychotic)	Switching to bupropion (a different antidepressant)
Patients with PTSD	68%	58%
Patients without PTSD	79%	67%

Conclusions: "Although PTSD was associated with poorer overall outcomes, the presence of concurrent PTSD among Veterans in this trial did not affect the comparative effectiveness of medications on response, remission, or relapse after initial remission."

From "[Impact of concurrent posttraumatic stress disorder on outcomes of antipsychotic augmentation from major depressive disorder with a prior failed treatment: VAST-D randomized clinical trial](#)." *Journal of Clinical Psychiatry*. 2020 June 23. Infographic by VA Research Communications.

